

SCULPT

aftercare

WWW.TOTALLYRADBEAUTY.COM

BODY SCULPTING AFTERCARE



Avoid excessive heat, saunas, & hot showers for 24 hrs



Avoid strenuous exercise for 24 hrs



Avoid consuming alcohol & tobacco for 48 hrs



Avoid consuming caffeine for 48 hrs



Maintain a healthy diet and exercise regimen



Stay hydrated by drinking plenty of water



Wear compression garments on treated areas



Schedule your follow-up appointments